

# BENICIA FITNESS CLASS SCHEDULE

<b>TIME</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SAT</b>	<b>SUNDAY</b>
8.am						SPIN	SPIN
8.30am	SPIN		SPIN		SPIN		
9.00am						YOGA	
9.30am	TOTAL STRENGTH	KICKBOXING IN THE PARK	CARDIO STRENGTH	KICK N SCULPT	TAE BO	ZUMBA IN THE PARK	YOGA
10.00am						STRONG/ TAE BO 30/30	
10.30am	ZUMBA IN THE PARK	YOGA	ZUMBA IN THE PARK	STRETCH			
11.30am				RESTORATIVE YOGA			
5pm	RESTORATIVE YOGA IN THE PARK				YOGA IN THE PARK		
6.00pm	SPIN	SPIN	SPIN	SPIN			